



MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES
BUREAU OF COMMUNITY FOOD AND NUTRITION ASSISTANCE
CHILD AND ADULT CARE FOOD PROGRAM
MENU – USDA REQUIREMENTS

NAME OF CENTER/FACILITY Advanced Eat Smart Center #7

WEEK OF Week 1

YEAR 2014

	DATE	DATE	DATE	DATE	DATE
BREAKFAST	Fruit Oatmeal	Sunrise Flatbread Pizza (HM)		Peanut Butter Banana Waffles	Biscuits and Gravy
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable 5x whole, 3x fresh F/V	Bananas, Blueberries, Strawberries- fresh	Apple Slices- fresh	Blackberries, Blueberries- frozen, unsweetened	Bananas- fresh	Applesauce- unsweetened
Grains/Bread Component 4x Whole Grain, 0x sweet	Oatmeal (WG)	Whole Wheat Pizza Crust (WG)	Wheaties cereal (WG)	Whole Wheat Waffles (WG)	Biscuits
Other Foods 2x Meat/Meat Alternate		Turkey Sausage, Egg, Cheese		Peanut Butter **no syrup**	Gravy
LUNCH	Tuna Salad Sandwich (HM)	Turkey Jambalaya	Beef and Bean Burrito (HM)	Honey Mustard Chicken (HM)	Cabbage Roll Casserole
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables 7x fresh	Romaine, Lettuce, Tomato- fresh	Oven-Fried Potatoes- fresh	Black Beans- canned	Roasted Potatoes and Carrots- fresh	German Potato Salad (Cabbage, Potatoes)- fresh
	French Fries- frozen	Garden Salad (Romaine, Carrots, Red Cabbage)- fresh	Mandarin Oranges- canned, unsweetened	Dark Green Salad- fresh (Spinach, Romaine, Kale)	Oranges, Apples, Bananas- fresh
Grains/Bread Component 5x Whole Grain	Whole Wheat Bread (WG)	Brown Rice (WG)	Whole Wheat Tortilla (WG); Spanish Brown Rice (WG)	Brown Rice (WG)	Whole Wheat Bread (WG)
Meat or Meat Alternate 0x highly processed	Tuna	Ground Turkey	Ground Beef	Chicken	Ground Beef
Other Foods			Tomatoes, Onions, Shredded Cheese, Salsa	Honey Mustard	
SUPPLEMENT <i>Serve 2 of 4 choices.</i>			Junior Trail Mix		
Fluid Milk	1% Milk				1% Milk
Juice, Fruit, or Vegetable 3x whole fruits/vegetable		Blueberries, Strawberries- fresh	Bananas- fresh; Raisins- dried	Apples- fresh	
Grains/Bread Component 2x Whole Grain, 0x sweet	Soft Pretzels	Graham Crackers	Cheerios cereal (WG), Pretzels		Whole Wheat Bagels (WG)
Meat or Meat Alternate 2x Meat/Meat Alternate		Yogurt		Yogurt	
Other Foods	Cheese Dip				Cream Cheese



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WEEK OF Week 2

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	DATE	DATE	DATE	DATE	DATE
BREAKFAST		Cheese Muffin		Fruit Oatmeal	
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable 5x whole, 5x fresh F/V	Bananas- fresh	Tomato Slices- fresh	Watermelon, Cantaloupe, Grapes- fresh	Bananas, Blueberries, Strawberries- fresh	Apple Slices- fresh
Grains/Bread Component 3x Whole Grain, 0x sweet	Cheerios cereal (WG)	Toasted English Muffin	Biscuits	Oatmeal (WG)	Whole Grain Bagels (WG)
Other Foods 3x Meat/Meat Alternate		Cheese	Yogurt; Apple Butter (HM) **not a sweet**		Peanut Butter
LUNCH	Taco Salad	Baked Italian Chicken (HM)	Lasagna (HM)	Catfish Sandwich (HM)	Chicken Stir-Fry
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables 4x fresh	Tomato, Onion, Lettuce- fresh	Baked Sweet Potatoes- fresh	Green Beans- canned	Tomatoes, Romaine- fresh	Red Peppers, Broccoli, Snow Peas- fresh
	Peaches- canned, unsweetened	Peas- canned	Spaghetti Sauce- canned	French Fries- frozen	Mixed Fruit- canned, unsweetened
Grains/Bread Component 4x Whole Grain	Whole Grain Tortilla Chips (WG)	Whole Wheat Bread (WG)	Lasagna Noodles	Whole Wheat Hamburger Bun (WG)	Brown Rice (WG)
Meat or Meat Alternate 0x highly processed	Ground Beef	Chicken	Ground Beef	Baked Catfish	Chicken
Other Foods	Shredded Cheese, Salsa, Low-Fat Sour Cream		Garlic Bread	Tartar Sauce	
SUPPLEMENT <i>Serve 2 of 4 choices.</i>		Peanut Butter and Jelly Sandwich	Pork and Vegetable Egg Rolls (CN)	Mini Bagel Pizza	
Fluid Milk			1% Milk		
Juice, Fruit, or Vegetable 3x whole fruits/vegetable	Pineapple, Cantaloupe, Grapes- fresh	Bananas- fresh	Cabbage, Carrots, Onion, Celery (CN)		Grape Tomatoes- fresh
Grains/Bread Component 2x Whole Grain	Graham Crackers	Whole Wheat Bread (WG)	Egg Roll Wrapper (CN)	Whole Wheat Bagels (WG)	Crackers
Meat or Meat Alternate 4x Meat/Meat Alternate		Peanut Butter	Ground Pork (CN)	Cheese	Diced Chicken
Other Foods 1x sweet		Jelly (sweet)			

MO 580-1463 (6-04)

*Sweet Snack includes sweet items and grain-based snack chips/croissants

**WG = whole grain

***HM = home made

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WEEK OF Week 3

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	DATE	DATE	DATE	DATE	DATE
BREAKFAST		Breakfast Burrito			
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable 5x whole, 3x fresh F/V	Peaches- fresh	Applesauce- unsweetened	Strawberries, Blueberries- fresh	Mandarin Oranges- canned, unsweetened	Bananas- fresh
Grains/Bread Component 4x Whole Grain	Crispy Rice cereal	Whole Wheat Tortilla (WG)	Wheaties cereal (WG)	Whole Grain Banana Muffin (HM) (WG) *not a sweet*	Whole Wheat French Toast (WG)
Other Foods 2x Meat/MA, 1x sweet		Eggs, Cheese	Yogurt		Syrup (sweet)
LUNCH	Spaghetti with Meat Sauce	Dinosaur Eggs (Meatloaf) (HM)	Turkey Salad	Hamburger Pizza (HM)	Lemon Chicken (HM)
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables 3x fresh	Green Beans- canned	Spinach Leaves- fresh	Tater Tots- frozen	Salad (Romaine lettuce, carrots, tomatoes)- fresh	Green Beans, Carrots, Celery- frozen
	Spaghetti Sauce- canned	Peaches- canned, unsweetened	Dark Green Salad - fresh (Spinach, Romaine, Kale)	Pears- canned, unsweetened	Pineapple- canned, unsweetened
Grains/Bread Component 4x Whole Grain	Spaghetti	Whole Wheat Bread (WG)	Whole Wheat Bread (WG)	Whole Wheat Flat Bread (WG)	Brown Rice (WG)
Meat or Meat Alternate 0x highly processed	Ground Beef	Ground Beef	Turkey	Ground Beef	Chicken
Other Foods	Garlic Bread	Mashed Potatoes with Brown Gravy			
SUPPLEMENT <i>Serve 2 of 4 choices.</i>		Cheese Quesadilla	Chicken Salad (HM)	Frozen Banana Popsicle	
Fluid Milk					
Juice, Fruit, or Vegetable 3x whole fruits/vegetable	Cherry Tomatoes- fresh			Bananas- fresh	Applesauce- unsweetened
Grains/Bread Component 3x Whole Grain, 0x sweet	Pretzels	Whole Wheat Tortillas (WG)	Whole Wheat Flat Bread (WG)	Wheaties cereal (WG)	Graham Crackers
Meat or Meat Alternate 4x Meat/Meat Alternate	Cottage Cheese	Cheese	Chicken	Yogurt	
Other Foods					

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WEEK OF Week 4

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	DATE	DATE	DATE	DATE	DATE
BREAKFAST			Breakfast Burrito		
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable 5x whole, 3x fresh F/V	Peaches- canned, unsweetened	Bananas- fresh	Diced Tomatoes- fresh	Blueberries- fresh	Peaches- canned, unsweetened
Grains/Bread Component 4x Whole Grain, 1x sweet	Applesauce Oatmeal Muffins (WG) (sweet)	Crispy Rice cereal	Whole Wheat Tortillas (WG)	Wheaties cereal (WG)	Blueberry Whole Grain Muffins (HM) (WG) **not a sweet**
Other Foods 2x Meat/Meat Alternate			Eggs, Cheese	Yogurt	
LUNCH	Chicken and Cheese Sandwich	Beef Enchilada Casserole	Catfish (HM)	Baked Potato Bar with Chili	BBQ Chicken (HM)
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables	Tomatoes, Romaine- fresh	Mandarin Oranges- canned, unsweetened	Potato Wedges- fresh	Potatoes- fresh	Baked Beans- canned
7x fresh	Carrots- fresh	Tomatoes, Lettuce- fresh	Cole Slaw (Cabbage, onions, carrots)- fresh	Broccoli- frozen	Oven Fried Potatoes- fresh
Grains/Bread Component 4x Whole Grain	Whole Wheat Bread (WG)	Spanish Brown Rice (WG)	Whole Wheat Bread (WG)	Whole Wheat Bread (WG)	Biscuits
Meat or Meat Alternate 0x highly processed	Chicken, Cheese	Ground Beef, Cheese	Catfish	Ground Beef	Chicken
Other Foods		Low-Fat Sour Cream, Salsa		Cheese, Onions, Low Fat Sour Cream, Olives, Salsa	BBQ Sauce
SUPPLEMENT <i>Serve 2 of 4 choices.</i>	Cheese Crackers			Tuna Salad (HM)	Frozen Graham Cracker Sandwiches
Fluid Milk					
Juice, Fruit, or Vegetable 3x whole fruits/vegetable		Carrots, Broccoli, Cauliflower- fresh	Peaches- canned, unsweetened		Bananas- fresh
Grains/Bread Component 3x Whole Grain, 0x sweet	Wheat Thins (WG)		Whole Grain Rice Cakes (WG)	Whole Wheat Flat Bread (WG)	Graham Crackers
Meat or Meat Alternate 4x Meat/Meat Alternate	Cheese	Cottage Cheese		Tuna	Yogurt or Peanut Butter
Other Foods		Ranch Dressing			

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